



# Holderness Recreation 2009 Swimming Lessons

It has been a long time coming, but finally we are ready to say that Swimming for kids will be offered this summer. Classes will run for two-weeks Monday - Friday at the Holderness Town Beach.

**Wk 1 will be July 27<sup>th</sup> – July 31<sup>st</sup> and Wk 2 will be August 1<sup>st</sup> – August 7<sup>th</sup>.**

Lessons will run from 10am – 12pm for ½ hour each day. Lessons are offered for children ages 4 years and up. The cost for the two-week program is \$47 for residents and \$57 for non-residents. There will not be any rain make up classes. This program will run rain or shine except for thunder and lightning. Registration forms are available at [www.holderness-nh.gov](http://www.holderness-nh.gov), Town Hall, and the Post Office. For more information, please call Wendy Werner at 603-968-3700 or email [holdrec@roadrunner.com](mailto:holdrec@roadrunner.com)

<b>Participant's Name:</b>	<b>Date of Birth:</b>
<b>Age:</b>	<b>Swimming: Level (see back)</b>
<b>Mailing Address:</b>	<b>Town:</b> <b>State:</b>
<b>Physical Address:</b>	<b>Town:</b> <b>State:</b>
<b>Home Ph:</b>	<b>Work Ph:</b>
<b>Email:</b>	
<b>Allergies / Medical conditions medications:</b>	
<b>Emergency contact:</b>	<b>Phone:</b>
<b>Parent Guradian:</b>	<b>Home Ph:</b> <b>Cell Ph:</b> <b>Work Ph:</b>

## Holderness Recreation Release Of All Claims

I certify that I am the parent / legal guardian of \_\_\_\_\_, age \_\_\_\_\_ and that I am entitled to his/her custody and control and I do hereby give my permission for said child to participate in aquatic activities. I further certify that said child is of good health and has no physical or other impediment which would endanger him / her from participating in such activity / program.

In consideration of the above named participant being permitted to take part in the Holderness Recreation Swimming Lessons, I hereby release for the participant, myself, and my heirs, any and all claims for damages arising from the negligence of the Town of Holderness, its agents, employees and volunteers that is alleged, now or in the future, to have caused injury or damages to the participant and which occur during this recreation program.

I also understand and acknowledge that swimming is an inherently dangerous activity, which may lead to serious injury.

I hereby agree to indemnify and save harmless the Town and the above identified individuals from any loss, injury, liability, damage or cost that they may incur arising from the participant's presence at or participation in the recreational swimming program, whether caused by the negligence of the Town or these individuals, or otherwise.

I recognize there may be inherent dangers in participating in a Recreation Program, which may present strain on the body and its parts, and furthermore, I represent to the best of my knowledge, the participant is in proper physical condition to allow participation. I assume all risks associated with participation in this program.

I understand that, in case of an emergency, Holderness Recreation will attempt to contact the person identified as the "emergency contact". In the event of a medical emergency, I consent to the participant's treatment by a medical doctor and I agree to be responsible for all costs associated with said treatment, including transportation to a medical facility.

I also understand that Holderness Recreation may take pictures of my child while enrolled in this program and that these pictures maybe used by Holderness Recreation for advertisement and Day Camp promotions I give my permission for my child's picture to be taken and photos to be used by Holderness Recreation.

I the undersigned, here read this release and understand all its terms and implications. I hereby execute this release of my own free will and with full knowledge of its significance.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Please Print Name:** \_\_\_\_\_

### LEVEL ONE: WATER EXPLORATION

The objective of Level One is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they can build on as they progress through the various levels.

### LEVEL TWO: PRIMARY SKILLS

Level Two is to give students success with fundamental skills and learn to float without support. Learn basic self-help rescue skills.

### LEVEL THREE: STROKE READINESS

Students learn to coordinate front and back crawl. Introduce elementary backstroke and the fundamentals of treading water.

### LEVEL FOUR: STROKE DEVELOPMENT

Level Four develops confidence in strokes learned thus far and to improve other aquatic skills. Introduce breaststroke, sidestroke and wall turns. Become familiar with CPR

### LEVEL FIVE: STROKE REFINEMENT

Coordination and refinement of key strokes. Introduce the butterfly, open turns, feet-first surface dives. Increase swim distances.

### LEVEL SIX: SKILL PROFICIENCY

The objective of Level Six is to polish strokes so students swim with more ease, efficiency, power, and smoothness over greater distances.

**Non-Residents, Please arrive 15 minutes prior to your lesson and depart 15 minutes after your lesson.**

We ask that you not come to the beach for an extended period of time prior to your lesson or following your lesson, as it is reserved for residents and taxpayers of Holderness. We have a small parking area and are trying to accommodate as many as possible. Thank you in advance for your cooperation!